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	PAGE
ORIGINAL ARTICLES:	
THE EASTERN SHORE OF MARYLAND AS A HEALTH RESORT FOR CONSUMPTIVES. By C. W. Chancellor, M.D.	319
AIKEN, SOUTH CAROLINA, AS A HEALTH RESORT FOR PHTHISIS. By Walter Davidson Bidwell, A.M., M.D.	322
THE PECOS VALLEY OF NEW MEXICO. By W. Thornton Parker, M.D.	323
THE SOUTHERN ROCKY MOUNTAIN REGION AS HEALTH RESORTS FOR CONSUMPTIVES. By W. N. Sherman, M.D., Ph.D., F.R.M.S.	325
LAS VEGAS, NEW MEXICO. By Francis H. Atkins, M.D.	328
SOUTHERN PINES, N. C. By William F. Waugh, M.D.	329
READING (PA.) AS A HEALTH RESORT. By F. W. Frankhauser, M.D.	330
EDITORIAL:	
JOHN L. SULLIVAN AND HIS WATERLOO. T. H. M.	333
BUSINESS HABITS	333
ANNOTATIONS:	
The Deadly Parallel	334

	PAGE
Rolled Journal	334
"Student's Number"	335
"Special Numbers"	335
LETTERS TO THE EDITOR:	
The Tennessee Mountain Region	335
Resorts for Consumptives. Duncan	335
Lampasas, Texas. Graham	336
Health Resorts for Consumption. Roberts	337
Las Cruces, Dona Ana County, New Mexico. Pflin	338
Manifested Interest in Special Numbers. Chadman	339
Pilocarpine in Erysipelas. Beysel	339
Retroflexion J. F. W.	339
Gun Shot Wound—Medico-Legal Advice. Tillotson	339
THE MEDICAL DIGEST:	
Benzoate of Soda in Therapeutics (Lilgeot)—Southern California (Edwards)—Dr. Shakspeare on the Cholera—Strychnine in Cholera Cases (French Mullen)—The Origin and Diffusion of Cholera (Cornish)	332, 340-342
MEDICAL NEWS AND MISCELLANY	343
NOTES AND ITEMS	iv, viii, xi

Original Articles.

THE EASTERN SHORE OF MARYLAND AS A HEALTH RESORT FOR CONSUMPTIVES.

By C. W. CHANCELLOR, M.D.,
Secretary of the Maryland State Board of Health.

LORD BACON was the first to recommend elevated situations as being conducive to health, owing, as he thought, to the purity of the air in such situations. In support of this theory he cites the rising grounds of Arcadia and Ætolia, and other parts of Greece, where the inhabitants are reported to have lived long. The celebrated Pallas also informs us that in a province of Russia he saw many old people in the elevated districts; whereas in the plains of that very neighborhood they were not distinguished for longevity.

In the face of many facts to the contrary, it is quite evident that Lord Bacon's theory has no substantial foundation, at least so far as the prevalence of consumption is concerned. In point of health certain low lands of Italy were superior to either the mountains of Greece or the elevated districts of Russia, for in the seventy-sixth year of the Christian era, when a census of the people was made, there were two hundred and sixty-five persons beyond one hundred years of age in that part of Italy which lies between the Po and the Appenines. Sir James Clark says, that consumption is not a common disease in either Pisa or Venice; but it frequently exists in the elevated districts of the country.

Topographical peculiarities do not always account for the predominant characteristics of climate, nor convey to the mind of the casual observer a correct appreciation of their sanitary influence.

Thus it might be rationally inferred, from the marshy aspect which surrounds the city of Venice that intermittent fever and bronchial affections would be the prominent diseases of the place, whereas it is, in truth, the resort of such as have elsewhere imbibed the pernicious poison of these disorders. Dr. Scoresby Jackson says: "In the early stages of consumption and in some chronic bronchial affections Venice may be recommended."

The Kirgis Steppes, of Asia, which is below the level of the sea, enjoys almost complete immunity from consumption; and from statistics furnished by a number of intelligent physicians and other persons, it is safe to assert that the peninsular of Maryland, known as the "Eastern Shore," a large area of which is only a few feet above sea level, furnishes one of the grandest atmospheres for persons suffering with pulmonary affections to be found in the world. Many physicians practicing in this section of the State testify that consumption is an exceedingly rare disease among the native residents, and that in all forms of bronchial affections the climate is very generally beneficial, especially in cases where there prevails great irritability of the bronchial mucous membrane. Nothing is more common than to meet with bronchial diseases which, after having been benefited by a short residence on the Eastern Shore, are aggravated by a visit to the high lands, and again relieved by a return to this locality. In incipient consumption the Eastern Shore of Maryland may be considered the most favorable place of residence in America.

After all, however, it is with climates as with other things, trustworthy evidence as to what they have accomplished is the most valuable. In this connection I quote from the opinions of medical practitioners and others of extensive experience residing on the peninsula.

Dr. Davidson says: "Consumption, either hereditary or acquired, is comparatively rare on the peninsula among the native population, and while many have come here from northern latitudes with this disease in various stages of development, we do not know of a case that was not promptly ameliorated by the change, and in many cases the most remarkable cures have been effected in persons who were pronounced hopelessly ill."

Dr. A. P. Sharp, of Rock Hill, Kent county, Md., writes: "Most of the inhabitants in this neighborhood are engaged in the oyster and fishing business, which compels exposure to all kinds of weather, and I am surprised to find that both young and old are entirely free from the usual coughs and the pulmonary complaints so common in other places. During my residence of over twenty years here I have never seen or heard of a single case of consumption among the rising population, and hundreds have grown to manhood and womanhood in the time. The question has often occurred, 'To what agent can this peculiar condition be traced?' I have made repeated experiments with ozone paper, and have never failed to find that the paper would be soon decomposed, showing that the atmosphere was heavily charged with this element, which is now being so extensively used in lung and other troubles."

Hon. George W. Bishop, M. D., long a leading practitioner in one of the lower counties of the Eastern Shore, informed the writer that a case of consumption occurred some years ago in the person of an old lady who resided in the town in which he practised medicine, and "so rare and unusual was the disease in that locality, that many persons visited the patient from mere curiosity, to see what they had never before seen,—a case of consumption."

It would seem that the climate of this peninsular derives a great deal of its value from its neutral properties; from its being neither too hot nor too cold, and from its possessing neither the irritating qualities of a dry climate nor the depressing ones of an atmosphere surcharged with dampness. The atmosphere of the Eastern Shore is comparatively dry, and there are no fogs or piercing winds of any consequence. As at Nice and other winter resorts in the south of Europe, winds from various quarters sometimes sweep over the peninsular with considerable vehemence; but they are always of short duration, and never so severe as the *mistral* of Southern France and Italy, which sometimes lasts from three to nine days, and beneath which organized beings of any class shrink in dismay. Excessively cold winds are rarely felt on the peninsular, the westerly currents or cold winds from the Blue Ridge Mountains being considerably modified by passing over the waters of Chesapeake Bay. The warm winds

coming from the gulf stream, only about fifty miles distant, find uninterrupted admission and exert a permanent and highly beneficial influence, which cannot be overestimated, inasmuch as they serve to dry the soil and constantly bring fresh supplies of pure air, which serves to maintain the atmosphere in a healthful condition. The average number of rainy days on the Eastern shore is 83, and the average annual rain fall south of 39° north latitude is 34.25 inches.

In estimating climates according to their humidity, Vivenot, a German hydrologist, adopts the following classification:

- | | | | |
|------------------|-----|---|---|
| 1. Dry climate | (a) | { | Excessively dry, 1-55% relative humidity. |
| | (b) | | Moderately dry, 56-70% relative humidity. |
| 2. Moist climate | (a) | { | Moderately moist, 71-85% relative humidity. |
| | (b) | | Excessively moist, 86-100% relative humidity. |

The mean *relative humidity* of the Eastern Shore, representing the amount of water contained in the air at a given temperature, being about 56, it ranks as a "moderately dry" climate, and this is corroborated by other tests. Iron does not rust easily and clothes dry rapidly in the open air. Lucifer matches do not readily become soft and useless, and wearing apparel rarely becomes limp under the influence of the ordinary atmosphere.

There can be no doubt that the waters of Chesapeake and Delaware Bays which flank the peninsular on the west and east respectively, and the Atlantic Ocean lying to the south of it, exercise considerable influence on its temperature. These circumstances, coupled with the peculiar course of the Gulf stream, and its near approach (fifty miles) to the coast line of Maryland, may be attributed the comparative mildness of the winters of the Eastern Shore, as compared with localities in the same latitude. In this connection, it should be remembered that in chronic diseases of the chest, it is the great heat producing organ that is involved, and that in measuring the amount of heat required in a given case, due allowance must be made for the deficiency, and no preconceived ideas concerning the asthenic nature of the disease should be permitted to seduce us into sending a poor exhausted invalid to freeze amid the snows of Minnesota or Colorado, or to swelter in the almost tropical climate of Florida.

Formerly the water supply of the peninsula was drawn almost entirely from shallow wells, and the water was necessarily of an inferior quality, containing, in addition to decomposed organic matter, in many instances, no doubt, the malarial bacilli of Tommasi-Crudeli. But of late years this trouble, for the most part, has been overcome by the sinking of artesian wells, which afford an abundance of pure and healthful water, and, as a result, whole towns and districts where malaria used to manifest itself are now free from attack. In addition to the direct evidence as to the hygienic importance of pure water, there is a large amount of indirect evidence leading to the conclusion that most of the malaria that formerly existed among families on the Eastern Shore of Maryland was the direct result of using impure water. Certain it is, the locality is now comparatively free from malaria, and is, on the whole, a healthy place of residence.

With respect to the permanent residence of individuals, the Eastern Shore of Maryland offers many advantages. Land is cheap, easily cultivated and very productive; and with all there is a ready market in either Philadelphia, Baltimore or Washington City for every thing raised. The principal inducement for families to prefer a residence on the Eastern Shore, above most other places, are economy of living, proximity to the large cities of the East, the comparative facilities for the educating of children, and the easy, unrestrained and refined tone of society. And nowhere can one procure the luxuries of life, such as fish, oysters, clams, crabs, terrapins, ducks, fruits, melons, berries, etc., at so low a rate as on the peninsula; while house rent, the keep of carriages, horses, servants, etc., are in many of the towns little more than half the expense which they would be in other places.

KEELEYITE FALLS FROM GRACE—August Nelson, a well-known Swede, has been taking the Keeley drunk cure at the local institute. Tuesday he acted queerly, giving the impression that he was drinking again. During the night he left the city, taking with him two gold watches, a number of notes and money belonging to his sister, Mrs. William Sampson, with whom he boarded, the whole amounting to over \$3,000.—*Chicago News-Record*.

AIKEN, SOUTH CAROLINA, AS A HEALTH RESORT FOR PHTHISIS.

By WALTER DAVIDSON BIDWELL, A.M.,
M.D.,
WASHINGTON, D.C.

IN discussing the advantages and disadvantages of any location as a health resort, the tendency is to dwell upon one or two features to the exclusion of others, perhaps of less importance, but still deserving of mention.

Moreover, the majority of our resorts are written up by those who have a pecuniary or social interest in the matter. But the writer of this paper is probably as free from bias as one can be, and the views herein expressed are partly the result of personal observation during a three months sojourn while suffering from chronic pneumonia, and partly the result of many conversations with residents of Aiken, and with physicians and others who have themselves, in pursuit of health, visited this and the other resorts throughout the country.

Having repeatedly visited Colorado and New Mexico, comparisons will naturally be made, but so far as possible these places, the proper subjects of other writers, will be avoided.

The essentials then of a resort for phthical patients are: Accessibility, dry air, sunshine, freedom from wind, comfortable lodgings, good food, occupation for mind and body, and good medical attendance. Individual experiences may negative some of the statements in this article, but taking everything into consideration Aiken is a good place for consumptives, though far from perfection, even in those details which the hand of man can provide.

It is a twenty-two hours ride from Washington by the Richmond and Danville Railroad, or by the Atlantic Coast Line, and one change of cars is necessary which ever route is selected. The trip can be made by an invalid with comparatively little fatigue.

It has been claimed that there is never any fog at Aiken, but this is a mistake, fogs are rare, but of their occasional occurrence the writer has had ocular demonstration. It has rained every day for a week at a time, and the accompanying table shows that rain is not a rarity, even during the "season." But the soil is so

sandy, and the surface of the ground so rolling, that with its elevation of five hundred and sixty feet above the sea level, and one hundred miles between it and the sea-coast, Aiken fully deserves its reputation for dryness. Some people find this dryness very disagreeable, and suffer from parched lips and burned faces after two hours' exposure to the afternoon sun.

Statistics are very valuable in demonstrating facts, but are not, as a rule, very interesting reading matter, so but a few will be given.

It should be premised that this winter and spring have been rather more severe than the average over the whole country, and that Aiken shares the weather common to the whole region east of the Rocky Mountains, though her latitude sometimes renders the sudden changes less noticeable.

From December 18 to April 1, 1892, the record was as follows:

	Partly	Cloudy.	Cloudy.	Rainy.	Clear.	Cold.	Snow.	Foggy.
Dec.....	4.....	3.....	3.....	4.....				
Jan.....	5.....	5.....	9.....	12.....	7.....	1.....		
Feb.....	4.....	2.....	6.....	17.....	2.....			
Mar.....	8.....	4.....	7.....	12.....	4.....	2.....	

The principal hotel is open from November to June, and it is only between those periods that Aiken is desirable as a health resort, although invalids do remain the year round with benefit.

Any one who is curious may compare the records of Aiken with those of Colorado and California, and will find that some points in Colorado have as much or nearly as much sunshine as Aiken, while places in Southern California have a much larger percentage of clear and sunny days, but these places have other disadvantages, and when the sun does shine in Aiken more perfect days could not be conceived.

The prevalence of winds that create draughts and prevent the enjoyment of sunshine and fresh air is a great drawback to the Aiken climate, which is only partially offset by a protective arrangement of the wings of the hotel. As to their comparative prevalence at other resorts the writer is not prepared to speak.

Comfortable lodgings are a very essential feature to be considered in selecting a resort, and in speaking of Aiken, all buildings, except the principal hotel, may be excluded for these reasons. They are without elevators, and invalids cannot walk up and down stairs. Their piazza accommodation is limited to one or, at most, two exposures, and is very unpro-

tected, so that they are safe localities only when the wind is in a certain direction. Thirdly, with but one or two exceptions, the water-closets are located out of doors, a decided objection during inclement weather. For these and minor reasons, the Highland Park Hotel is the only available lodging for the phthisical patient.

Undoubtedly, the genial managers and the stockholders would be best pleased if it were stated that the hotel is all that could be desired, but as the readers of this article may themselves go to Aiken, or send patients there, they should know just what to expect.

The piazzas are pleasant and quite satisfactory, except for a scarcity of comfortable chairs and settees.

The two parlors are so hemmed in and deprived of ventilation that before the evening is over the air is stagnant, heavy, almost malodorous, or else there is such a whirlwind of draught that even healthy persons have to retire.

A reading-room, equipped with current magazines and periodicals, where ladies and gentlemen could read and write, would have been a godsend this past winter, especially on rainy days.

The individual rooms are quite satisfactory with their open fire-places and wood fires.

The table was excellent most of the time, but fell off in quality toward the end of the season, but the delays in waiting for meals detract greatly from this important feature. On at least two dozen occasions, there would be a delay of twenty minutes, and on one occasion the writer sat thirty eight minutes before any food was brought. Occasionally, accidents will happen and one expects to wait, but where a waiter has only four people to serve, and is being regularly tipped, there must be a screw loose somewhere, if such things happen frequently.

By the way, the servants receive only moderate wages, with the expectation, doubtless, of making up a fair income from tips, and the service indicates the same. Only as tipping is freely and frequently indulged in, can anything like satisfactory attention be secured.

Board at the hotel costs from \$17.50 to \$35.00 a week, exclusive of extras, and beer, at twenty-five cents a bottle, indicates the condition of the wine list.

Some of these details about a hotel may seem like petty fault-finding, but it is satisfactory details of this nature that determine whether invalids will improve or deteriorate, and the cautious physician will not ignore them.

The walks, rides and drives through the pine woods are not only suitable to invalids, but charming to the lover of nature, and livery is cheap and quite satisfactory.

In the spring, the abundance of wild flowers tempts one to wander early and late. During stormy weather, however, one is driven back largely upon his own resources.

Aiken has also a number of physicians, and, without seeming to be invidious, one may mention the name of Dr. Geddings, who has made such a study of phthisis, and makes this his home, going to the White Mountains during the summer. His skill in diagnosis is as much appreciated by the writer as his courtesy and kindness during the past three months.

Summing up briefly, Aiken in winter has a milder and more congenial climate than can be found in the North, while it is more bracing and free from the malarial influences of localities in Georgia and Florida.

It is situated in the pine belt, but the reckless cutting down of the forest in the vicinity of the town will soon deprive the place of any advantage of this nature, if no steps are taken to check it.

The disadvantages connected with the hotel can easily be removed by a moderate outlay of capital, with a little sharper oversight of the service.

Altogether, it is as satisfactory a place for the winter as can be found in the Eastern portion of the United States, and it is to be hoped that another season will see it improved in the respects suggested.

THE PECOS VALLEY OF NEW MEXICO.

BY W. THORNTON PARKER, M.D. (MUNICH), M.M., S.S.

BEVERLY, MASS.

THE extravagant enthusiasm which continued for some months concerning Koch's anti-tubercular remedy having subsided, we may be permitted to give our attention to the climate cure of pulmonary tuberculosis, or of phthisis, in general. Without attempting to prove that the Western Health Section is the

best climate for the cure of serious pulmonary diseases, I will call attention to the Pecos Valley of New Mexico, which has never yet been mentioned in any of our medical journals as a resort for pulmonary invalids. Some few years ago Lincoln county, New Mexico, was very well known as a region of desert land in a remote portion of the territory, inhabited by desperadoes, and too dangerous and undesirable for investigation, except by some large and well-armed body of men supplied with ammunition, food and water.

To-day all this is changed. Within three years, the desperadoes have been driven out, a beautiful town has been built, the land is being reclaimed by a superb system of irrigation, and the desert has been replaced by rich fields of almost every kind of produce, over two millions of dollars have been expended by men of vast experience, sound judgment, and rare business ability. A colony of sturdy Swiss and strong hearted energetic American farmers have come forward to improve the land and open up one of the most beautiful valleys in the territory, if not in the whole West. Eddy county, as it is now called, is that portion of the Pecos Valley to which we desire to call attention. It is to be found in the extreme southeastern portion of New Mexico, but is of such recent growth that any of these names referring to it fail to appear on any map of which I have knowledge. It is bounded on the east and south by the State of Texas.

The following clipping from *The Eddy Argus*, the local paper, gives a good description of its appearance :

It embraces within its boundaries, mountains, hills, plains, valleys and meadows; streams, rivulets, springs, and the swift flowing Pecos river. No section of its area includes a greater variety of trees, shrubbery, or wild flowers that beautify its surface, or a greater diversity of climate, or soil capable of producing finer grains, grasses, vegetables or fruits. It is well watered by the Pecos river and its numerous tributaries. This river flows through the county in a southeasterly direction, and from the point at which it crosses the northern line until it passes the southern into Texas, several streams flow into it from a general westerly direction. Along these streams ranches and farms are located, all of which are productive, and some in a high state of cultivation.

It is reached by rail to Kansas City, Missouri, and westward to Newton, and then southerly through Oklahoma to Fort

Worth, where, by taking the Texas Pacific Railroad, westward, to Pecos City, Texas, the Pecos Valley Road is reached for the direct journey to Eddy. Fort Worth can be reached more directly by way of St. Louis, or by the steamers to Galveston, Texas, and trains thence to Fort Worth.

The journey is interesting and can be made comfortable if a well-filled lunch basket accompanies the traveler. The life of a Western frontier town is generally a well-known evolution from isolated cabin to a nest of drinking saloons or gambling dens, and thence by more or less sanguinous history, to a miserable little hamlet called, in the grandiloquent language of the West, "City." Such is not the record of Eddy. Its founders were men of large means and of stirring character, and actuated by motives not wholly for the acquirement of wealth, a wonderful result has been obtained. The first thing done at Eddy was to build a sixty-five thousand dollar hotel, complete in every particular, even luxurious in its appointments, and with sewerage and plumbing of first-class character. Then a handsome block for banks, stores and offices, and afterwards other buildings and private residences. A fine court house is being built, and a Chicago millionaire has started another block and Masonic Temple. With an experience on the frontier, covering several years since 1887, from Minnesota to New Mexico, I have never seen or heard of anything like this, and even this imperfect description must reasonably excite doubts in the minds of many of my readers, as to its temperatures. School houses and churches followed quickly; the Episcopalians building the chancel and transept of a pretty stone church as a beginning. No saloons of any kind are allowed in Eddy; a clause in the deeds makes land so utilized, forfeited.

My theory for the climate cure is not merely basking in genial sunshine, which is almost constant at Eddy, but in actual occupation in the open air—something more than mere horseback riding, which, to my mind, is the best of any exercise.

It is possible in Eddy, to engage in light but profitable occupation—in raising small fruits, or in conducting a poultry farm, or in superintending a large farm for raising stock or produce. It is in this mental and bodily occupation where I have found actual cures, and these efforts

have been made soon after the arrival, by patients practically given up in the East.

With regard to the prerequisites in the climate cure, moderate elevation, dryness of atmosphere, abundance of sunlight, gentleness of climate—all these are found in profusion in this valley. The altitude of the town is at least 3,250 feet above the Gulf of Mexico, and 800 miles distant from the salt water. The temperature rarely falls below and seldom reaches 32° F. in winter, or rises above or even reaches 100° in the summer. The average temperature is 63°. The atmosphere is light, dry, highly rarified, and we may say, absolutely pure. Its tonic and remarkably agreeable character is readily appreciated.

Within 90 miles of the Texan lines, the grand influence of the mountain currents, fresh from the noble Guadalupe range, is recognized. For 325 days in the year, the rays of the sun are unobstructed. The summer days are warm, and the nights are cool and refreshing. In fact, this section combines every climatic requisite of altitude, equitable temperature, absence of malaria, and abundance of ozone and electricity.

From a private letter I extract the following:

"Should a higher altitude, however, appear more desirable to you, there is the Geyser Springs, located 38 miles distant from Eddy, at the base of the highest peak of the Guadalupe Mountains, 5,000 feet above the Gulf level. The waters of the spring are said to possess some medicinal virtues; for this I can not vouch, as I have never tried them nor had them analyzed. But the climate is delightful, and the view down the valley simply magnificent.

"This spring is at the head of Black river, and from this point—altitude 5,000 feet, Eddy, 3,250 feet—to the junction of the Black and Pecos rivers, 18 miles south, altitude 2,800 feet, one has a choice of elevations, and may select a site by the river side, on the high, dry mesas, or at the base of the lofty Guadaloupes. So much for the climatic advantages. You have probably already learned that Eddy is the headquarters of one of, if not the largest, irrigating enterprises on the American Continent.

"A mammoth dam, 1,600 feet in length, has been built across the Pecos river, eight miles above Eddy. It is 200 feet wide at its base, 30 feet at the top, and

impounds 1,000,000,000 cubic feet of water. It is the supply of two large canals, whose waters will irrigate 240,000 acres of fertile land, 25,000 being placed under irrigation since the first of April. The headquarters of the company is at the town of Eddy. Two years ago, there was not a house on its site."

The inhabitants are without the slightest suspicion of flattery, a really superior gathering of people, mostly from New England and the Middle States.

The climatic advantages of this section are so excellent and so genuine, that we may here safely send our patients.

The climate cure has been my conviction for many years, and although the study of climatology has brought from my pen many articles concerning the Western health section, I have never written with more satisfaction than when describing the true worth of this beautiful Pecos Valley.

THE SOUTHERN ROCKY MOUNTAIN REGION AS HEALTH RESORTS FOR CONSUMPTIVES.

By W. N. SHERMAN, M.D., PH.D., F.R.M.S.,
MERCED, CALIFORNIA.

DURING a residence of five years in New Mexico and three years in Arizona, the writer has had ample opportunity to observe the climate and conditions of the various towns and localities of that region—in central New Mexico and Northern Arizona, from the Rio Grande Valley to the Pacific Ocean, and on or near the thirty-fifth parallel line between said localities.

In a short article it is impossible to give all the points that is necessary to satisfy those desiring information concerning this large area.

As the majority of people seeking health travel only by rail, the writer will speak particularly of such points as are on the railroad, or accessible by stage from principal points.

The invalid, to reach this region of the Rockies, must take the great Santa Fé Route. Let us suppose he is starting from Chicago. It makes little difference what season of the year he chooses after reaching the Colorado line. The first place of importance in New Mexico is the thriving city of Las Vegas (Spanish for the Meadows), where he may visit the famous hot springs. After leaving here

comes the climb over the Glorietta Mountains, and on down into the Rio Grande Valley, gradually descending as the railroad goes through the valley. At Lamy Junction, there is a short branch going up to an altitude of about seven thousand feet, to the ancient city, Santa Fé, a nice place for a summer residence.

Further south, is the thriving, bustling little city of Albuquerque, where the railroad diverges, one branch going south to the City of Mexico and the gulf at Guymas, and the other reaching out westward to Southern California.

From this point south to El Paso, Texas, he can not go far amiss to choose any point for a winter residence—the climate of winter and summer being some warmer as one goes down the valley from high to low altitude. Socorro, Las Cruces, and the city of El Paso are the important towns in the valley south of Albuquerque, the commercial and railroad center of New Mexico, and the finest and largest city. The elevation above sea level is about five thousand feet, and for an "all the year round" climate it is not surpassed in the valley.

The hotel accommodations are the best between Kansas City and Los Angeles—the Armijo and San Felipe being the finest.

If the invalid desires a permanent residence in New Mexico, he need look no further; if, however, he is going further South or West, it is good for him to stop off here and get a rest and a breath of fresh air. Many people are injured by the rapid changes from the East to the West. The ideal way is the old way, in a wagon from the Missouri river to destination.

Albuquerque is peopled with an energetic, generous, and hospitable class of Americans, the new city being about one mile from the old Mexican village. It would be a fine place for some enterprising or charitable person to establish a home or sanitarium for consumptives, and would, no doubt, receive the hearty co-operation of its citizens. Its climate is a happy medium between the two extremes—it is neither hot in summer nor cold in winter. I have no record of temperature, but will say that there are few (very few) days during the whole year when one can not live in the open air and the sunshine. An occasional sand storm is the only unpleasant feature, and it is of short duration.

All this region possesses, as it were, that one great essential factor for the relief and cure of consumption, asthma, bronchitis, etc., and that is dryness. In my judgment, it is unsurpassed in the civilized world for the treatment of the diseases mentioned—an immense, natural sanitarium. It presents localities suited to individual cases, and yet there is that same quality of dryness in all localities.

Rarely one sees a case of consumption among the natives of the country. I do not remember of ever seeing a case of acquired consumption among them. This dryness of the air in winter and summer, in the day-time and the night-time, is incessant, and an ever present quality, except, possibly, the rainy season, which comes in June and July of each year, and without any regularity or precipitation, rarely exceeding two inches in the year, and often falling below one inch for the entire season. The rain comes usually with an afternoon shower, lasting an hour or two and followed by sunshine. The roads are always good—dry in winter and dusty in summer. One may use a buggy or a bicycle the year round.

The summers are not extremely warm; while the thermometer often rises high, the heat is not oppressive, being modified by its extreme dryness. A temperature of 100° is probably not as oppressive here as 85° in the East, or where there exists greater humidity. Eastern people do not understand this, and they must experience it to believe it. No matter how warm the day, it is always cool in the shade and hot in the sun; the nights are simply delightful, and one may never suffer loss of sleep from heat. There are no damp winds—it is almost perpetual sunshine and cloudless skies.

Aside from the larger towns, one will not find the accommodations so good as in the East, or the resorts so comfortable or elaborate. For those who desire the study of the oriental customs of the natives, or to collect ancient relics and curios, this is a rich field. Fruits and cereals are raised in abundance along the valley; while, to the east and west, the pursuits are pastoral and mining.

Should one tire of the climate of the Rio Grande Valley, let him take the Atlantic and Pacific branch of the Santa Fé Railroad, from Albuquerque to Los Angeles, remembering that this is a country

not only of great wonders, but magnificent distances.

Splendid opportunities are offered for those desiring to fish and hunt, and, by the way, it is the writer's opinion that the life called "roughing it" is in many cases the most beneficial. If one desires a trip of this character, let them outfit at some railroad point and go on camping excursions to the mountains, always choosing the summer season, say from May to October. From Albuquerque one may choose the mountains to the east. From Socorro a nice trip would be to go west over good roads, starting from Magdalena, thirty miles west of Socorro on branch road, and going into the Datyl Mountains, from here on through valleys and mountains across the Arizona line, and into round valley at Springerville, Apache Co., Arizona. At this point you are at the base of the famous White Mountains of Arizona; good fishing, elk, deer, bear and antelope. From here one may go direct, or via the county seat, St. Johns, to Holbrook, Arizona, on the line of the A. & P. R. R. (from Albuquerque to Los Angeles), and by following the railroad west eighty miles you strike the summit of the San Francisco mountains at Flagstaff, Arizona.

About one hundred and fifty miles west of Albuquerque the railroad crosses the continental divide (at an elevation of seven thousand feet) and enters the territory of Arizona. One descends for one hundred miles and then goes up into the pine forests of the San Francisco mountains, and at its summit enters the thriving town of Flagstaff. This is another good place to rest, and it is always cool enough to sleep under one or two pairs of heavy woolen blankets. There are good hotels here, and the air is laden with the balsamic odor of the pines, an additional healing quality and tonic added to its dryness.

The elevation here is about seven thousand feet, and if the traveler has any organic heart disease he had better not stop at so high an altitude. From here there is a good stage line, through a magnificent country, to that greatest of all natural wonders, the Grand Canon of the Colorado, where you will find a grandly magnificent natural sanitarium, protected by massive walls of granite, and covered by a cloudless sky. Here one may spend the winter months among nature's won-

ders, surrounded by snow-capped walls a mile high. When this locality becomes accessible by rail it will become the ideal winter resort for people with weak lungs, seeking a dry, warm winter climate. Winter in the canyon, and summer on its rim, is a perfect combination for the invalid.

From Flagstaff one may travel by rail down to Prescott, a mining town, and the old capital of Arizona, and from here he may seek a winter residence further down at Phoenix. This is a large, thrifty little city, the present capital. It has a delightful winter climate, and is the center of the finest agricultural section of all Arizona. It has connections by rail north and south with two trans continental lines, the Atlantic and Pacific (Santa Fé), and the Southern Pacific (Sunset route). Phoenix and Tucson are both blessed with the warmest winter climate of any place in Arizona. From an elevation of seven thousand feet at Flagstaff the railroad goes down again for three hundred miles to the Needles, California, just across the Arizona line, at the entrance to the great Mohawk desert. It has a fine winter climate; warm, dry and stimulating.

The altitude is about three hundred feet above sea level. Here one gets in summer the hot winds from the desert, and we advise any one desirous of trying the hot air cure for tuberculosis to try the summer at this point. From here one passes over the desert at various altitudes, now five hundred feet and in two hours two thousand feet, until finally we enter the green valleys of Southern California, and get a refreshing sniff of the moist sea breeze.

The curative qualities of the atmosphere of the various localities of the southern rocky mountain region exists not alone in its dry tonic properties, but through the mechanical expansion and development it produces gradually and unconsciously in those who breathe it. Most all persons, after a year's residence, will find an increase of from two to three inches in their chest measure. This fact precludes the possibility of atelectasis.

I believe also that this atmosphere is a germ destroyer. Its very dryness antagonizes the life and sporulation of all germs, which depend largely on moisture for their existence.

I have observed that wounds heal quickly and under very unfavorable con-

ditions. Cholera infantum is almost unknown; summer diarrhoeas are rare; there is no malaria; little typhoid, and rarely dysentery. I imagine that when the world knows of these wonderful localities, and properly appreciate their advantages, there will be thousands cured where there are now hundreds. It seems strange to see annually hundreds rushing past these favored places to reach a climate by far its inferior. Flowers and verdure, and warm damp air, and fruits, and vegetables, and the comforts of elegant homes and fine hotels are all very attractive, but, alas, are they the things that are needed?

These thoughts are hastily penned, some good locations and special details are omitted from lack of time and space.

LAS VEGAS, NEW MEXICO.

By FRANCIS H. ATKINS, M.D.,

LAS VEGAS, NEW MEXICO.

NEW MEXICO is rapidly taking its rightful place as a most important resort for consumptives; it differs from Colorado, so much better known, only in being farther south; in having less beautiful scenery, and in its towns being less handsomely built.

While the plains of the East and South, with altitudes from three thousand six hundred to four thousand eight hundred feet, afford some approach to the summer heat and winter mildness pictured in the minds of those who erroneously suppose the climate and productions of Las Vegas and Albuquerque to be about the same as those of Vera Cruz, Mexico. The mountain skirts, with elevations of six thousand to seven thousand feet, have cool summers and rather cold winters. This must be understood to prevent the advanced victims of phthisis, with large involvement of lung tissue, high pulse, constant fever, a sensitive skin, from seeking relief in these higher altitudes, especially in winter.

Las Vegas, well north in the territory, stands at the junction of mountain and plain, at an altitude of six thousand four hundred and fifty feet, in a perfectly dry country; wholly free from malaria and those insect pests that harass invalids elsewhere, fleas and mosquitoes. It is a well regulated town of about six thousand inhabitants, with electricity, water, telephone, etc., a good opera house, numerous churches, and schools, and hotels. Its

accommodations for invalids are good, and steadily improving. Five miles mountainward are the Las Vegas Hot Springs, with a sumptuous hotel offering every elegance to wealthy guests, and a smaller and less expensive inn near by. Bath houses afford Turkish, mud and other baths. A branch railroad has frequent trains to this pleasant nook.

Las Vegas is on the main line of the A. T. and Santa Fé Railroad, forty-four hours from Chicago.

The climate though dry is not equable, but being so dry the changes in temperature are not inimical to the delicate, as in moist climes. Rain falls only between April and October, total precipitation from twelve to twenty inches per annum. About half the winters are nearly free from snow, and the temperature reaching zero but once or twice. Other seasons tolerably heavy falls of snow occur in December and January, and are accompanied by temperatures as low as 12 to 18 below zero at night, but the air is still and dry, and good health prevails. These snows do not lie long upon the earth. Neither the snow nor the cold are detrimental to the favorable progress of those invalids who only ought to be here through the winter, namely those who are still well enough to get about out of doors and who can react to the fine stimulus of the cold, dry air.

The milder winters are more like March, April and May at the East, but drier. The mean annual relative humidity is about 45.

The only climatic annoyance is the dust, which is inevitable to a dry climate. But Las Vegas does just as Colorado Springs, Los Angeles and San Jose do, sprinkles her streets in dusty weather. On the ranches and in the mountains the dust is hardly to be noticed. After all, where it exists it is only a personal nuisance and appears to have no unpleasant effect on the phthisical.

It has been taken for granted so far in this brief New Mexican sketch, that every Eastern physician knows that this dry Southwest has proved over and over again, these forty years past, its capacity to check the ravages of pulmonary phthisis in persons who are not already hopelessly diseased. Frequent examples are seen in Las Vegas. It is quite common to find both male and female consumptives supporting themselves here. Of course, if

large numbers were to come at once, the possibility of self-support might vanish from over-supply. Small capital often finds opportunity for successful investment, but either in personal work or as investors much seems to depend on the individual capacity of the visitor, the bright ones catching the plums. The writer thinks of many who easily secure an income here, at least enough to keep up the daily bread.

The finest water in the world and the queerest are to be found in New Mexico. Las Vegas gets its water from a mountain stream, and, excepting during a low stage in midsummer, it is excellent water.

Board ranges in the better sort of boarding houses and hotels from ten dollars a week upwards. Living generally is higher than in the States.

The summers are so delightful at Las Vegas that we wonder tourists do not come here as they would go to the mountains of New Hampshire. The temperature rarely reaches 90°, never 100°. The evenings are generally cool enough to make sitting out doors without wraps undesirable. Warm nights are unknown. Wind and dust are absent. The weather office agents report far less wind in New Mexico than in the Mississippi Valley or the Atlantic coast cities. No cyclone has ever been known in New Mexico.

SOUTHERN PINES, N. C.

By WILLIAM F. WAUGH, M.D.

THIS new resort is in some respects ideally located as a resort for consumptives. It is the highest point of the sandy section of North Carolina, in the heart of the long leaf pine district. The sand here is over seventy feet in depth, providing the best possible drainage. The rainfall is small, and the water so quickly absorbed that invalids can go out without overshoes as soon as the rain ceases. The temperature scarcely ever sinks in winter to the point of frost. The country is covered thinly with the pines, and very little underbrush is to be seen, so that one can walk for miles without touching the foot to vegetation. This gives one of the chief advantages, a pure air, free from all malarial or other disease germs that require decaying vegetation for their development. The water is pure. The

place is located on the Seaboard and Roanoke Railway, about ninety miles south of Raleigh. From the north the best way to reach Southern Pines is by Baltimore, taking the night boat to Portsmouth, and thence by rail. Whether the emanations from the pines are of special value I leave my readers to decide.

The first impressions on getting out at Southern Pines are decidedly discouraging. One has perhaps formed an idea of the place from the pine forests of the North, where the sun only penetrates the shady depths by some stray arrow of light, and under foot is a soft carpet of the fallen pine needles. Here one looks out on a scene suggestive of a half burned, half-cleared Jersey barren. The pines number from twenty-five to fifty to the acre—all the land will sustain—and as they have been repeatedly barked for turpentine, the trees have rather a ghostly aspect. Some underbrush is visible, scrub oak, etc., but not much. We step out into the sand, and find it pleasant to walk over, while we can see a considerable distance before the trees obstruct the view. Nevertheless, a little reflection shows that this rather dreary region is better for our purpose than the ideal forest. The latter shuts out light and air; two essentials to consumptives. Luxuriant vegetation gives food for germs, breeds malaria, and poisons the water.

This long-leaf pine region, as we see it here, stretches for fifty miles to the north and south. It would be indeed the ideal resort for consumptives, provided they were scattered over this region in isolated cottages, with central depots from which they could be fed and cared for. Permit me here to enter my decided objections against the hospital, hotel, asylum, or sanatorium for tuberculous people; places, all of them, that are bound to become in time polluted with tubercle bacilli, so that no healthy person will be safe in them. I am well aware that this may be avoided by destroying the sputa, but *is this done?* Is there a solitary resort known where patients are obliged to carry about cuspadores and have their contents burnt? Until this is done no locality can long fail in becoming a pest-hole where consumptives resort in great numbers. This is why the consumption-free zone is steadily retreating to the West, as wave after wave of phthisicals come to each freshly "boomed" resort, to pollute its

atmosphere, and impregnate its dust with bacilli.

The opening of Southern Pines is due to Mr. Patrick, formerly Commissioner of Immigration to the State of North Carolina. Professor W. C. Kerr, State Geologist, had reported that Southern Pines was the highest spot on the sand ridge, being six hundred feet above sea-level, and that the climate closely resembled that of Florence, Italy. The mean annual temperature of the Pines is 58° ; that of summer 77° , and of winter 44° ; while the figures for Florence are 59, 75 and 44° . The average minimum temperature in winter is 13° , a record of 10° being rare east of the Blue Ridge.

Acting upon this data, Mr. Patrick proceeded to exploit the virtues of Southern Pines; which he has done so successfully, that last winter saw the town inundated with double the number of visitors its five hotels could accommodate. Nearly every house in the town was called upon to open its doors to health-seekers from the North. This fact, when so many owners of health resorts are racking their brains to devise ways to attract visitors, speaks volumes for the Pines. Most of the citizens are persons who originally came from the North in quest of health, and, finding it here, concluded to make this their permanent home. One effect of this movement has been the development of several industries for which the sandy barrens were not previously thought to be suited. Grapes, strawberries and a number of small fruits and vegetables have been found to flourish in this soil, and already no small quantity of such produce is shipped to the Raleigh markets.

W. C. Kerr, late State Geologist of North Carolina, thus sums up the advantages of Southern Pines. He says:

1. That its winter climate is sufficiently mild for a very large class of invalids who now go to Florida or Aiken, because they know of no suitable locality nearer.
2. That it has the most perfect drainage possible, being a high sand bank, which is never wet except when the rain falls.
3. That it has an elevation of six hundred feet, much greater than any similar pine woods region, which is an important item in determining the condition of a resort for invalids with weak or diseased lungs.
4. That it is within the sweep of the influences of the Gulf Stream, to which it

owes much of the mildness and equality of its climate.

5. That it is situated in the midst of a *vast forest of long-leaf pine*, the atmosphere of which exercises a beneficial and curative influence in all affections of the air passages.

6. That it is within twenty hours of New York, so that a multitude of people in the Northern cities who are not able to leave their business for the whole winter, and only need to escape from three or four, or perhaps half a dozen severe storms, can do so by running down to Southern Pines.

Whatever may be the dangers of infection in the older resorts, there is none as yet at Southern Pines; and if its development be conducted along the lines herein suggested, there need never be such danger. A log hut can be built there for \$25.00. Add the same sum for conveniences and furniture, and it will be seen that the system of isolated habitations for consumptives is much less expensive than the palatial hotel; while the hut can be burnt without much loss when the patient has no further use for it.

READING (PA.) AS A HEALTH RESORT.

By F. W. FRANKHAUSER, M.D.

READING, the fourth largest city of Pennsylvania, located upon a beautiful slope, with the Neversink and Mount Penn Mountains on the east, Schuylkill river on the south and west, and a beautiful undulating country to the west and northwest.

Reading has now a population of 70,000 and covers an area of 5,000 acres, a water front on the Schuylkill available for manufacturing rights of fully five miles. The daily supply of pure spring water is over 4,000,000 gallons daily, with a storage capacity of over 100,000,000 gallons.

Wide streets running parallel, business places large, with a full supply of every thing required by visitors at a fair price. Our people are hospitable, as can be ascertained by the number of organizations holding their reunions in this city every year. Our people are mostly of a German descent, and have brought their sociability from their ancestors to the present time. The location of the city on the main line of the Philadelphia and Reading Railroad with branches to Allentown and the East. Harrisburg, Lancaster and West; Potts-

ville, Williamsport and the North; Pennsylvania Schuylkill Valley, branch of Pennsylvania Railroad; Wilmington and Northern Railroad to Wilmington, Delaware; also Berks and Lehigh, connecting with Slatington. As a railroad center it is unrivaled. Its facilities for transportation of all kinds is all that could be desired.

The city of Reading contains the principal part of the mechanical department of the Philadelphia and Reading Railroad; all kinds of industries are carried on successfully in this city. The customs and characteristics of the people are German, but the population of native born is increasing rapidly, and statistics show there are less than 6,000 foreign births in the city. There are about forty building associations in this city, consequently more mechanics and laborers own their own houses than in any other city of its size.

Reading is one and one-half hours ride by train to Philadelphia, three and one-half hours ride from New York.

Reading is as free from malaria as any city of its size can be. There are some low grades of fever, with some malaria poisoning, making them of a low grade, and a continuous type in some of the lower parts of the city, but the higher parts and mountains are certainly free from any malarial tendency.

The death rate of the city of Reading is very low, being 17.06 per 1,000,¹ on a basis of 60,000, but the directory for the city of Reading for 1892 gives the city a population of 70,000, basing the death rate on 65,000 it would be 16.02. Reading has been free from any epidemic for a number of years (excepting influenza, which has been general). The drainage is good, with a good supply of water to all parts of the city, which is obtained from springs and streams.

Reading has two parks, one at the head of Penn street containing fifty-three acres, with its fountains and springs. A fine spring containing the sulphate of iron in solution, with quite a chalybeate taste. Many persons may be seen daily going to and from the springs to obtain a drink, or to carry home a bucketful of this cool and invigorating water for drinking purposes for the family.

A large spring is located in the northern

part of the park, covered with a pavilion, to which thousands of persons go during the summer season to obtain some of nature's beverage.

The park is well laid out. The sides of the walks and drives are planted with trees; seats are placed in many shady nooks where the weary person may rest and enjoy the cool breezes that pass over that part of the park.

The Mineral Spring Park, located one mile east of the City Park, and which can be reached by two street car lines, needs only to be seen to be appreciated; its springs, with its stream of water flowing through it as it leaps over the rocks, forming miniature water falls, making it a pleasant place for the student, or the tired and weary. It is well shaded, having many pavilions, rustic in their character and appearances.

Mineral Spring Park is the Mecca for the people of Reading who want a day's recreation.

Reading is well supplied with hotels. As summer resorts a number of hotels have been erected on the mountains, among which are the Neversink, Highland House, Summit Hotel, Woodvale Hotel, Klapperthal Hotel, Black Bear Hotel, Mineral Spring Hotel.

Neversink Hotel is located on the highest peak of the Neversink Mountain, 1,000 feet above the level of the sea, two miles from the city limits, and is reached by the Neversink Mountain Electric Railroad. The hotel is 360 feet long, 40 feet wide, 5 stories high, containing 250 rooms, a piazza, 14 feet wide, extends all around the building, making a promenade of over 800 feet. The hotel is heated by steam and open hearth.

The sunlight entering the rooms, ventilating and sanitary arrangements are as nearly perfect as can be made; an artesian well supplies the hotel with pure well water.

Some of the finest views in the world can be seen from the top of the hotel; the city of Reading with its smoke stacks from many places of manufactures where run thousands of spindles and hammers responding to the impulses of the sturdy mechanics of Reading.

The whole view from the hotel is as a kaleidoscope, in whatever direction the eye may be directed are new points of interest. There is no sameness, but a continual change, causing a constant relief to the

¹ Board of Health report of city of Reading, 1892.

eye, and the mind is awakened to wonder and amazement.

The Schuylkill river, winding along the base of the mountains, can be seen for miles as it flows in its course onward to meet the waters of the Delaware.

The river is full of fish, and gives ample amusement to those who are inclined to while away their time in waiting for a nibble. Bass, sunfish, salmon have been put into the river, and in a few years it will be one of the places so frequently visited by the sportsmen.

Klappertal is a romantic glen along the southern slope of the Neversink Mountain, the peculiar sound of the rippling stream as it flows on to its larger reminds us of some fairy land or place. All that can be done to make it attractive and comfortable has been done. A large hotel adorns the glen.

The Highland House, the first hotel that was built on the mountain, occupies the northwestern point of Neversink Mountain. Has some fine drives and many paths leading to different points of interest. It is reached by the Neversink Electric Railroad, and by an incline railroad. Water is furnished by an artesian well, in abundance. It is a large and well furnished place for the service of its patrons.

Woodvale Hotel, another caterer for public favor, is located at junction of Black Bear Electric Railroad and Stony Creek Railroad, two miles from the city by railroad; is at a quiet part of the grove surrounding it, with all the surroundings as pleasant and comfortable as can be.

The Summit House, on Mt. Penn Gravity Railroad, is one thousand one hundred feet above the sea level; for beauty of scenery it cannot be excelled. One of the most beautiful views is when reaching the top of Mt. Penn by the Mt. Penn Gravity Railroad, the city appears as a panorama. In an instant, as it were, the city, which has been hid by the trees, appears as though it had tried to hide itself and at once comes forth in all its beauty and grandeur. The fine indulating farming and manufacturing country, the Blue Ridge Mountains at a distance, which seem to be the border of the picture, spread before you.

It has often been said during the year, "Why go to the sea-shore?" when Reading has so many places free from the hot air, free from mosquitoes, free from malaria, with abundance of fresh food, milk

and butter fresh from the farms adjoining. Whilst Reading does not have the salt air of the sea-shore, it does have an abundance of fresh air, loaded with ozone, and whilst in valleys the temperature has ranged as high as 100° F., it has not reached above 80° on the mountains, with always a breeze blowing.

As for rest, which so many persons need, Reading has all that can be desired, and yet enjoy city life. We are certain that the time is very close at hand when Reading shall rank as one of the first summer resorts in the land. Come and try it, and be convinced.

BENZOATE OF SODA IN THERAPEUTICS.

—Dr. Liégeois has written an exhaustive paper on the value of benzoate of soda in therapeutics; he considers this agent as of the greatest importance in the affections below named, provided that it is given in large doses. The pain, dysphagia, and inflammation of the pharynx in the common sore throat are favorably modified and cured in two or three days by the administration of one drachm in children, and three drachms in adults, of benzoate of soda daily. In diphtheria it is certainly of service either internally or in insufflation, but is not equal to applications of salicylic acid. In laryngitis and the ordinary acute bronchitis M. Liégeois considers it as a good expectorant when given at the onset; he prescribes it as follows:

R.—Benzoate of soda..... 3j.
Tinct. of aconite..... ℥. xx.
Cherry laurel water..... 3j.
Syrup of tolu,
Syrup of codein..... āā 3ij.
Water..... 3ij.

To be taken in the twenty-four hours.

Associated with tannin, benzoate of soda gives good results in Bright's disease, if persevered in.

R.—Benzoate of soda,
Tannin..... āā 3iss.
Ext. of gentian..... q.s.
Divide into 100 pills—6 daily.

Given in small doses in uric acid gravel it transforms the insoluble urates into soluble hippurates, and thus eliminates it from the urine. As a cholagogue benzoate of soda occupies the first rank; he associated it with salicylate of soda and rhubarb.

R.—Benzoate of soda,
Salicylate of soda,
Rhubarb (powdered),..... āā 3j.
Nux vomica (powdered)..... x grs.
Divide into 20 powders—two daily.

—Med. Press.

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JOHN L. SULLIVAN AND HIS WATERLOO.

THE recent gladiatorial combat in New Orleans, which terminated so disastrously to one of the greatest prize fighters, though viewed by many with expressions of horror and disgust, nevertheless is not without its lesson to those interested in the development and decadence of human vigor, and by these, too, notwithstanding the fierce and relentless condemnation of that art, through which one human being is enabled to disable or kill outright his fellowman.

This event again demonstrates that however great any one's mental or physical development may be, there are plenty of his equal if they are sought out; and further, that there is a limit to these endowments, which, when over-reached, are certain to lead to inevitable ruin. This is not only true of the corporeal man, but the physiological also. Walter Scott earned a million of dollars in ten years with his pen. Retiring, he soon met with financial disaster, and became a bankrupt.

Again he betook himself to writing to recoup his lost fortunes, but the spell was broken. His productions now were but weak repetitions too thinly disguised, and he utterly failed; a physical wreck; broken down in spirit and a paralytic; so that he, the greatest of literary giants, succumbed at last in endeavoring to do that which is only permitted of the youthful and vigorous. Let us remember then, that each man has his season, and but one, when he may apply his energies with impunity. That past never returns.

From the humanitarian standpoint, we must confess that we cannot agree with those who would totally suppress prize fighting and other feats of courage and strength. Man was born to fight. The Nation wants men who are not afraid of the sight of blood or the smell of gun powder.

Fifty thousand dollars is a large sum to give a man for punching his neighbor's nose for a few minutes. But what is it in comparison with the rewards which our ancient and modern scientific murderers, called soldiers, received, whose only claim to the Nation which they govern, or the millions of acres which they own, is that their ancestors died as prize fighters of large proportions, using knives and gun powder, slaughtering thousands of their fellowmen?

Yes; we must have fighters. Money, large possessions, immense forts and battle ships have a place in the event of war; but they won't take the place of flesh and bones, courage and intrepidity. Soldiers, warriors and fighters we must have, even though it cost the Government or individuals thousands or millions to make them.

T. H. M.

BUSINESS HABITS.

IT is a notorious fact that, taken as a class, medical men are exceedingly negligent in business affairs. They are negligent in the management of the financial part of their profession. They will not collect moneys due them with that promptness which is characteristic of every business. We have seen this trait carried so far that a practitioner actually refused to accept the money tendered to him, preferring to wait until the end

of the year in order to collect a larger bill. This is not "business" and, to a man engaged in mercantile pursuits, it appears very strange. This custom, however, has grown to such an extent that the majority of patients regard it as very strange when a physician renders a monthly account for services rendered; yet, these very same people will pay cash for shoes, clothing or the other necessities of life and look upon the proceeding as a very natural one. The result of the whole matter is that the negligent physician, and this class constitutes the majority, waits a year to collect his bill, and in many instances is importuned to "shave" it, and gets less than if he had insisted upon collecting his accounts every month, when each one was comparatively a trifle.

—*Weekly Med. Review.*

Unfortunately, the physician cannot help himself. The nature of his business

is such that his heaviest demands on his customers occur at the time the latter are least able to meet them; when the application of the ordinary rules of business would work a hardship in many cases amounting to inhumanity. While the physician who watches the little things, little bills, and collects promptly when he can, will keep at least even with the world and perhaps keep up his life insurances, it is about all he can do; any pecuniary success beyond this is only attained at the cost of moral or professional character, except in specialist practice. The only possible solution of the difficulty lies in the nationalist principle: restoring to the profession that State support that alone renders a professional life possible.

Annotations.

THE DEADLY PARALLEL.

IN localized pruritus the most effective remedy is benzoin. The ointment may be prepared according to the following formula:

R.—Benzoini, pulv. finiss..... gr. xx-lx.
Hydrargyri ammoniat..... gr. xxx.
Lanolini..... ʒj.—M.

When in pruritus ani the itching is intense, painting the surface with tincture of benzoin kills the itching with a suddenness that has no parallel. The application is quite irritating, however, and accordingly it is best to dilute it. * * *

—W. F. Waugh, in *TIMES AND REGISTER*, March 5, 1892, page 233.

PRURITUS.—Dr. Waugh (*Med. Neuigkeiten*, Nov. 25, 1892), recommends in those forms of pruritus where there is no general disease at the bottom of the affection, the use of the tincture of benzoin, and in the following manner:

R.—Gum of benzoin..... gms. 1.5-3.
(grs. xxiv-xlv).
Ammoniate of mercury..... gms. 1.5.
(grs. xxiv).
Lanolin..... gms. 2.0.
(grs. xxx).

Rubbing the skin with the officinal tincture of benzoin will quickly remove the pruritus, yet on account of its causing irritation it is advisable to thin it.

[A Danish physician has recently reported a case which he cured with the use of the lithiates. The urates were found in excess in the urine. An Italian journal lately contained a lengthy article on the value of the arseniate of soda in universal pruritus. The Italians often prescribe a mineral water containing the arseniate of soda in relatively large quantities, the Cerasole Reale water.—Transl.]

—*Lancet Clinic.*

THE great British weeklies still roll their journals, instead of sending them folded, as *THE TIMES AND REGISTER* and all other first-class journals do. We

suppose the reason is that British medical men are long-suffering and patient under unnecessary inflictions, or that, never having known anything better,

they go on taking a journal whose leaves must be anchored down with a dozen paper-weights, before it can be perused.

THE *Lancet*, of September 3, appears as a "Student's Number," devoted exclusively to such information as will be needed by any one entering the study of medicine in Great Britain or its dependencies. The requirements of foreign countries in regard to immigrant practitioners are given, we trust, more accurately than that of Pennsylvania. For this State, the *Lancet* says: "Diploma to be endorsed by some medical college in the State, and then registered by a county prothonotary. Fee, \$1.00." The somewhat important fact is omitted that the State colleges are forbidden to endorse the diploma without first examining the applicant as to his fitness, and that for this, a fee of \$25.00 or upwards is charged, not returnable in case of failure.

"SPECIAL NUMBERS."

IMITATION is the sincerest flattery. The *Medical World* has adopted the special number idea, and each of its issues is now a special, and a very good special, too. The *Brooklyn Medical Journal* sends out, on September 10, a special edition, entirely devoted to cholera, giving a report of the proceedings of a special meeting of the Medical Society of the County of Kings, held September 6. This shows commendable enterprise on the part of the Society, as well as of the *Journal*.

The *Medical News* devotes most of the issue of September 10 to cholera papers from Shakespeare, Abbott, Osler, Curtin, and Hartshorne, and two editorials.

The Philadelphia County Medical Society announced a special discussion on cholera for the 14th inst.

Letters to the Editor.

THE TENNESSEE MOUNTAIN REGION.

MORRISTOWN, Tennessee, is a well lighted, paved, watered town of 4,000 inhabitants, situated 1,400 feet above the sea level, on the summit of Bays Mountain; lying between the $35\frac{1}{2}^{\circ}$ and 36° of latitude and the 82° and 83° longitude west from Greenwich. Splendid

railroad facilities; fifteen daily mails; good schools; one opera house; seven churches; surrounding country productive; two hotels, but neither extra good; numerous boarding-houses; nice drives with excellent livery facilities at low prices. There are no fogs, no dust, no "blizzards" or "northerners," refreshing breezes, but no winds or cyclones.

Living is very cheap. Hotels charge \$5.00 to \$8.00 per week; boarding-houses \$2.50 to \$5.00. House rents are from \$5.00 to \$15.00 per month, for cottages of three to ten rooms. Ten or twelve industries; a thousand to fifteen hundred dollars of capital will start a good employment.

An unassuming population with wealth equally distributed. An hour's drive from three of the largest rivers in the State; country thinly settled; good fishing, boating and hunting. There is an average of twenty-seven clear days in the month. The climate seems to be more suitable to affections of the upper air passages than a place of higher altitude. Most every case of asthma and consumption improved at once. Being a specialist of throat and lung trouble, I have had only one case of asthma among the natives during the last two years. Pulmonary troubles are rare. The air is pure, clean, and seems to have a peculiar effect upon hypertrophied membranes of the throat and nares, rendering breathing at once sweet and free.

The undersigned physicians willingly indorse the climate as the best in lung troubles:

J. B. F. DICE,	J. R. WILKINSON,
D. A. NEILSON,	H. E. HALE,
D. E. SHIELDS,	A. LEGG.
W. STUART LEECH,	

RESORTS FOR CONSUMPTIVES.

I AM pleased to see that you are going to give some attention to resorts for consumptives. It is doubtless true, as Dr. Marcy stated in his address before the American Medical Association, that the mortality from this disease is enormous, amounting to over one hundred thousand annually.

It would seem that the profession should give this subject more attention and endeavor to rescue some of these cases of phthisis pulmonalis.

In a study of the effects of climate it seems that the mortality grows less as we go West, until in New Mexico and Ari-

zona, or the Southern Rocky Mountain regions, that the per cent. is only 3, while in New England it is 25 per cent.

If climate can cure this disease, it seems to me that systematic effort should be made to transfer consumptives *volens volens* to these salubrious sections.

The American Health Resort Association has taken this matter in hand, and in co operation with the profession generally, expect to do much in stamping out this disease.

Much has yet to be learned about the climates of various sections of the United States, and the class of cases adapted to each, so as to enable the profession to make the best selection of climate for these cases.

As a general proposition, the fibrous form seems most benefited by a high altitude, while the catarrhal recover in a lower altitude, but there are diversions of these.

This whole subject is a most interesting one, and I believe the profession are becoming interested, at least if we can judge by the large numbers who are becoming members of this Association. I hope you will get matter enough to fill several special numbers.

T. C. DUNCAN, M.D.

CHICAGO, ILL.

LAMPASAS, TEXAS.

THINKING I may be of some advantage to you, and to that very numerous class of persons "consumptives," in the special number of your journal, on "Health Resorts," I will write you a brief article on the subject. Two years ago I had an attack of la grippe, which left me with a bad cough, which developed into "phthisis pulmonalis," with hemorrhage from throat and upper lobes of lungs, and afterwards with exhaustive night sweats. In September last, having improved so that I could travel by private conveyance, camp out, fish and hunt, I made the trip with several companions from Lampasas to San Antonio, Texas (camping every night and improving daily). Our route lay through Llano, Fredericksburgh and Baudera, all in a high, rolling, prairie country free from malaria. I think Fredericksburgh, Texas, is a very desirable place for an invalid with consumption, because it is a high, dry, hilly country, with a sandy soil, wide

gravelly streets, and the cleverest German people I have ever met. The population is about one thousand persons. They are all good liver; malt their own lager beer; bake their own white cream loaf bread, and also rye bread, made from their own grain, and ground at their own mills. They also raise grapes, and make most excellent wine; milk, and butter and eggs can be had in any quantity and cheap; also good beef, mutton and veal, as well as poultry at their markets; board as good as any where in Texas can be had there, and at reasonable rates. The Germans of this little town are sociable and fond of pleasure, they meet every night at their social hall and garden where they sing, play cards, and drink their beer. I would recommend to the consumptive a trial of this "old Dutch town." Go by rail, "Aransas Pass Railroad from San Antonio to Comfort," and private conveyance twenty-five miles to Fredericksburgh. Another place I wish to recommend to the invalid is the city of Saltillo, Mexico, four hundred and seventy-five miles southwest of San Antonio, Texas, and three hundred and twenty five southwest of Laredo, Texas; go by I. and G. N. Railroad from San Antonio to Laredo, and thence by Mexican National Railroad via Monterey to Saltillo; population, twenty-five thousand; altitude, five thousand seven hundred feet above the sea. This city, I consider, has the most salubrious climate in North America, and is easy of access, as sleepers are on all the railroads. I spent a week last December in the city. My thermometer registered 55°, day and night, for eight days, and I would have liked to have spent the winter in that pretty little city, but I found it impossible to get a comfortable room and bedding, or any suitable food for an invalid, or a cook who could prepare food. I could not find a stove or fire place in any room offered for rent (which is very essential to the invalid). I also found very few Americans, or persons who could speak English. With a good hotel or cottage kept by an American, with suitable food and fire-places or stoves, I am satisfied hundreds of American women and men would flock to that delightful climate to spend the winters. I was told by persons who had been there ten years, that there were not twelve days of the winter months when the sun was obscured by clouds,

and the thermometer did not get lower than 50°, nor higher than 80° the year round.

Address Dr. Bibb, or Dr. I. D. Carothers, Saltillo, Mexico, for further information.
A. H. GRAHAM, M. D.

HEALTH RESORTS FOR CONSUMPTION.

SOME one has kindly sent me a marked copy of your issue of August 13.

As special commissioner of the American Health Resort Association, which was organized one year ago by a few of the medical profession in the West, regardless of creeds or pathies, I submit the following, viz.: "The object of this Association is to ascertain reliable facts about climates, health resorts, and mineral waters, for the guidance of the medical profession in America and Europe."—(*Extract from By-Laws.*)

The work from the start has been phenomenal. Physicians from all sections of the country, and from all schools of medical science, have been and are endorsing the good work. The need of the work was made clear by the facts brought out by Koch, and the disappointment of the profession of America in his "Treatment of Tuberculosis." I had the presumption, during the heat of the excitement of the "Koch treatment," to throw a small paper wad of criticism upon what seemed to me a "fad," which was published in the *Inter Ocean*. Some correspondence with a few progressive physicians, soon led up to the present organization. I was an invalid at the time, from a severe injury, caused by a fall on a defective sidewalk. This, in brief, explains the birth of our healthy, one year-old organization. If the profession keeps on in the same steady march, endorsing it with one dollar each (for one dollar is the membership fee), there will be funds sufficient to keep it growing until our knowledge is greater than now, about how to prescribe climate to the best advantage for each patient. Heretofore, we have not done this; but catarrhal, fibrous, and all forms of the dread disease have been sent to the same places, because the majority of us were too ignorant in this important branch of curing this disease, and too negligent about informing ourselves, as we often are, about prescribing drugs in other diseases as well as this. And, until we all

know the true formulæ of all our mineral waters (as to the reliability of which today there are honest doubts existing in the minds of some of the best of the profession), hereafter we purpose to invite all proprietors of mineral springs, and all venders of mineral waters, to submit their wares to our chemists for a reliable analysis, accompanying their requests with the usual fee. We already have two first-class professors of chemistry in our Association, and hope others will soon join us.

The practical work of our organization is worthy of mention. In our researches we found the profession and business people of New Mexico and the Southwest very responsive and earnest in their desire to have their climate thoroughly tested. To prove their good-will, committees were formed to work in unison with our Association, they to secure comfortable homes in private families, and welcome those we recommended to their hospitality, and try to secure places where the expense should not exceed one dollar per day. There were quite a large number that went with our blessings and introductions to those Western philanthropists (our President tells me about one thousand went). So far as we were able to designate as to the place where each case should go, very flattering results have been obtained. In the future, we can do much better, we trust, for we were new beginners, and have been learning, and expect to keep on in our educational work.

In my part of this great work I soon learned that not less than one half of the victims of this terrible disease were too poor to think of making the only change that promised restoration to health. This led me to see if some method could be devised to overcome this obstacle. I had not long to wait, for as soon as I informed our President of my design, and mapped out a plan which he endorsed and encouraged, the work was begun at once toward an organization. I did the usual amount of running to this and that one, until we were able, upon the 16th day of last April, to make a beginning. In the parlors of the Tremont House, Boston, Mass., there were gathered a reverend gentleman, three physicians, two real estate men, an editor, an attorney and two ladies. Then and there, at high noon, was born an organization to which was given the name of "The American Invalid Aid Society." This child has had the usual experiences

of any young infant, but is now in a healthy condition, notwithstanding some of its god-parents have been dozing during some of these hot days at summer resorts.

The object and aim of this society is to lend help to worthy invalids of consumptive tendencies (any of your readers desiring to know more particulars about this society, can secure the same by letting their wants be known with a one cent postage stamp up to 100 or more dollars to help the good work along). The secular press everywhere is "lending a hand." The *Boston Transcript* has published several long articles favoring the work; not less than one hundred newspapers from Maine to Minneapolis have given valuable space and kindly articles for the great work, and will doubtless publish much more. The medical journals are doing their share of type setting to promulgate the good cause. The religious press will soon throw off its conservatism and outdo all others in carrying the gospel of "health resorts to consumptives," whom the patent medicines so widely advertised have failed to cure. This is not intended for sarcasm, but sober careful thought; too many people catch at the straws of hope they read in blazing advertisements in all classes of newspapers. Editors publish their papers for the profit to be gained; they publish columns upon columns of the most profitable reading for those who wish to read it. More than half of my little education has been gleaned from reading papers and journals. All the cream of our sciences first send their gleams of intelligence streaming to those of us who are ever "seeking more light," through the great public press.

The officers of the Invalid Aid Society are: Rev. Charles R. Bliss, President; Mr. Geo. H. Richter, First Vice-President and Business Manager; Mr. Hezekiah Butterworth Second Vice-President; Mr. A. B. Upham, Treasurer, and W. P. Roberts, M. D., Secretary. All donations should be sent to the Treasurer, Mr. A. B. Upham, Youths' Companion building, corner Columbus avenue and Berkly street, Boston, Mass.

W. P. ROBERTS, M. D.

LAS CRUCES, DONA ANA COUNTY,
NEW MEXICO.

A WORD about climatology. I contributed last year an article to the *American Medical Journal*, in which I de-

scribed the vicinity of Las Cruces, and especially the San Augustine plains, as away above all the other country, and the best locality for a sanitarium for consumptives. I will repeat here, in brief, what I said then.

These magnificent plains, of several hundreds of thousands of acres, are only camping ground at present, distant twenty miles from Las Cruces, the nearest railroad station. I hope that in the near future some capitalist will see the advantages of placing a sanitarium there, and a town will be spread out.

Las Cruces, the center of the fruit growing Mesilla Valley, is a very good winter resort, but the hotel accommodations are very poor. In the vicinity of Las Cruces there are a great many farms, where board can be had very reasonable. In the shooting season there is an immense quantity of game of all sorts, and large catfish are in the Rio Grande river.

Families coming here to this valley, with a small capital of from \$4,000 up, can buy some very good land, under irrigation, at reasonable prices, and have a part of it in vineyard, part in orchard, and part in alfalfa for their horses. The alfalfa gives at least \$25 net profit per acre per annum; early peaches sold this year for 10 cents a pound, netting, at a low estimate, \$200 profit per acre. A vineyard of good quality of grapes will pay from \$100 to \$150 per acre per annum, and never fail; but, in each case (except the alfalfa, which will pay the second year), the farmers will have to wait four years before their trees will produce fully. A sample orchard, four years old, can be seen at present in full production. While waiting for their trees to grow, the people can plant sweet potatoes, Irish potatoes, tomatoes, melons, beans, etc., which will do for the living until the trees are old enough to bear. The first sweet potatoes on the market here bring 5 cents per pound; the first watermelons 50 cents each; early tomatoes 5 cents per pound; beans 6 to 10 cents per pound, etc.

In March and April we have a good deal of local wind, sometimes accompanied with sand, which is very disagreeable, but it is only occasional, and for those two months only.

The water in the valley is alkaline, but that in the mountains skirting the San Augustine plains is perfectly pure.

Persons coming to the valley must be careful in the use of water at the start. We have also a little malaria in the valley, but three or four doses of quinine per month, in February, and March and November, will be sufficient to expel it, and sometimes the taking of a large cup of black coffee, with the juice of a lemon, for five or six days, will also accomplish the object, and especially where there is no regular intermittence.

People coming here for their health must know they are coming to the far West, and to no place where theaters and amusements of like character are plentiful; and they must not be lonesome, if so, they had better stay at home, or bring their families with them. In my opinion the patients must do something, have some kind of corporal occupation; in this case they will all do well, without an exception. There are plenty of specimens here to corroborate my assertions.

The best locality in the United States for the "grape cure" will be found in the Mesilla Valley, in the vicinity of Las Cruces, where the grapes attain their greatest maturity.

Those who may desire further information may obtain the same by addressing the Secretary of the Commercial Club, Las Cruces, New Mexico.

DR. A. PÉTIN.

ENCLOSED find check for one year's subscription to THE TIMES AND REGISTER.

I wish to congratulate you on the merits of this most excellent journal. The feature of special numbers was indeed a happy inspiration on the part of the originator. I await with much interest the special numbers on cholera and typhoid fever.

M. L. CHADMAN, M.D.

LANCASTER, PA.

PILOCARPINE IN ERYSIPELAS.

NOTICE in your issue of September 3, of THE TIMES AND REGISTER, under head of "News and Miscellany," reference to Dr. Hall's experience with pilocarpine in erysipelas.

I have used riat. pilocarpine in erysipelas for the past six years with uniformly good results. I gave it in single doses of sufficient quantity to produce free diaphoresis, repeating the dose the follow-

ing day if necessary, but I seldom found it necessary.

J. M. BRYSEL, M.D.

WEST POINT, ILLINOIS.

RETROFLEXION.

I TAKE the liberty of writing to you to ask your advice concerning a case I have that has baffled all treatment that I have been able to give her. The patient is my wife, and she is sterile, caused from a retroflexed uterus. She is in general good health and her affliction is improved. The os uteri is small and constricted. I can get a No. 10 bougie up to the internal os, but no further. She is opposed to operative measures, and I write asking your advice on the subject. I have given her several tonics, yerba santa, celerina, viburnum compound, dioviburnia, tincture of chloride of iron, and nux vomica; in fact, have gone through the category of popular remedies.

J. F. W.

[I would drain the uterine tissues well by means of glycerine tampons, a fresh one to be introduced every six hours, for one week. Then dilate the internal os most gently, by graduated sounds, and treat the catarrh there by aristol, one part to fifteen of petrolatum, introduced by an ointment syringe. It is probable that this will remove the sterility, and pregnancy will, I trust, cure the flexion. I have treated such cases for years by pessaries, and the result is only satisfactory through the expenditure of time, trouble, and patience on the part of doctor and patient.]

W. F. W.]

GUN-SHOT WOUND—MEDICO-LEGAL ADVICE.

THREE weeks ago I was called to attend a young man who had been fatally shot. Of course, I am now on the high road to the witness-stand, and would like a little assistance from the readers of THE TIMES AND REGISTER on the following points:

1. What points of evidence have we between long and short range except powder marks and burns?
2. Has finding pieces of clothing in the wound any bearing on the question of long or short range, and how?
3. Is there any record of a perforated bowel being closed by blood-clot, which clot underwent organization, perforation healed, and patient recovered?

4. How long would it take the clot to organize, surroundings being favorable?

An early reply will greatly oblige a brother M.D. in his first case of this kind.

D. J. TILLOTSON, M.D.

22 EAST MARKET STREET, CORNING, N. Y.

The Medical Digest.

SOUTHERN CALIFORNIA.—It must be borne in mind that, as Cullen most aptly remarks, "the air of any place is better for the patient than that in which he grew ill;" and we must also remember that there can be no hard and fast rule for the selection of a climate; but this must be regulated by individual peculiarities. Some will improve or thrive in a warm or hot climate; others in a cool or cold environment; some at sea-level, others at an altitude in rarefied air; but all will probably do best in a dry locality, with a superabundance of sunshine. Variability and equability must be considered in individual cases. The former is of less importance than the latter, which in many cases is to be considered as one of the most important factors.

In Southern California one may find all of these conditions, from the warm equable climate of the coast, where, as we have already shown, the variation of temperature is of the slightest degree possible, and the rainfall is at a minimum, up to an altitude of 12,000 feet, in the San Bernardino Mountains, with the meteorological conditions which we all know are found at this height, down to a basin in the eastern part of San Diego county, 360 feet below the level of the sea.

In California of the South, owing to the peculiar topography and the enormous size of the State, we are able to surround our patient with many and varied climatic conditions within a few hours. At the coast he may be subject to the beneficial effects of sea air, which is so marked in the catarrhal processes of phthisis, or of subacute or chronic bronchitis. Furthermore, an ocean climate assures him of great purity of atmosphere with an abundance of ozone, conditions which are most soothing to an overwrought, nervous system. If he can obtain these conditions without the soil dampness so prevalent on the Atlantic coast, and so conspicuous by its absence on the lower coast of Alta California, he will in many cases be situated

in an environment which will retard the progress of his disease primarily by its effect upon his general condition, and allow him to derive all the benefit referred to. Experience has taught me that non-tubercular cases will do best under this plan of life, but that the other forms of pulmonary disease do best between sea-level and 700 or 800 feet elevation.

—W. A. Edwards, in *The Climatologist*.

DR. SHAKESPEARE ON THE CHOLERA.—

The course of the present epidemic of cholera shows that the disease has been marching westward with unprecedented rapidity, and that its virulence is more marked than most other cases of cholera epidemics. The present epidemic started in Eastern India in May of this year, and, after ravaging Northwestern India, Afghanistan, Northern Persia and Russia, has, in the space of less than four months, become epidemic at various ports along the North Sea and the English Channel. In former epidemics of cholera following this route, such rapidity of progress has never before been known. It has universally required from one to two years to cover this enormous expanse of territory—an indication of the extreme virulence of this epidemic. The latest news from Europe brings the information that almost every port in the North of Europe with which the Atlantic coast of America is in frequent and rapid communication, is either infected with cholera in epidemic form or has experienced outbreaks of individual attacks. Thus we hear of the disease widely epidemic in Hamburg, Antwerp and Havre, and of its introduction into Gravesend, London, Dover, Hull and Glasgow.

The Transmission of Cholera.—The disease has been brought into England by immigrants from the infected ports of Europe, on their way to take ship by a more indirect course for America, so that the truth is that we should look, from the present time on, until cooler weather sets in, upon every ship that sails from any of these ports, including the English, as possible carriers of the dread infection, and should, in every single case, handle these ship-loads with the greatest caution. In my opinion, with such a constant stream of immigration from infected or suspected ports, it will be absolutely impossible, or, to quote the words of the Surgeon-General of the Marine Hospital Service, "nearly

a miracle," to prevent the disease being introduced through some of our ports or those of Canada. It is, however, my belief, based upon experience and wide study of cholera epidemics, that if the proper means are promptly and rigidly enforced by the public health authorities along the Atlantic seaboard, this "miracle" can be accomplished; but its accomplishment requires intelligent and earnest co operation, not only of every health official at these ports, but also a ready and willing acquiescence of ships' officers and trans-Atlantic steamship companies.

Where Quarantine Has Failed.—It is true that many times in the struggle against the advance of this disease quarantine has failed. But this has been invariably due either to want of proper facilities for handling ships' crews or passengers, their baggage and personal effects. The essential means of preventing the introduction of cholera into any port may be considered under three heads:

1. And most important, efficient means of thorough and rapid disinfection of all personal effects of travelers and crew, especially wearing apparel and bedding. In this category should be mentioned, also, the proper means of disinfecting the quarters of the ship inhabited by crew and passengers.

2. Ample facilities for retaining under close observation, for at least five days, every ship-load as it arrives, whether the ship's officers present a clean bill of health or not, and whether or not certificates of disinfection at foreign ports are presented. Experience has time and again shown that reports by ships' officers of the sanitary condition during the voyage are not to be trusted.

3. The proper facilities for the housing, isolation and treatment of those actually afflicted.

Philadelphia's Quarantine Facilities.—As I have previously pointed out in the *Public Ledger*, the quarantine station of Philadelphia is, in some of the most essential particulars, antiquated, obsolete and lacking in the extreme. I am glad to say, however, that, notwithstanding the difficulties due to the absence of public funds available, which the Board of Health have been confronted with in the present emergency, they are working energetically and intelligently to temporarily meet these deficiencies, as far as

lies in their power. Temporary means of disinfection of baggage have been provided, and, I understand, are now in working order. There are no means, however, of properly disinfecting the quarters on shipboard occupied by passengers and crew. I am informed, also, that, by action of the Board of Health, taken to-day, provision will be made for handling immigrants landed at the Laretto, in improvised encampments, for observation. The one thing still lacking in the provisions adopted by the Board of Health, temporarily, for the struggle this fall against the threatened invasion of this port, is one of the essential things for our safe protection. I refer to the fact that, as yet, they have made no attempt, as a standing rule in every individual case, whether cholera is actually on board or not, to stop these immigrants at the Laretto, and keep them under strict observation during the incubation period of cholera, which does not last more than five days.

Insidious Nature of the Disease.—This epidemic disease has shown itself to be among the most insidious in the selection of modes of invasion. If it were endowed with intelligence it could not more certainly perceive and assail the weakest points of defence than it universally does. Here is the one most vulnerable point still left unprotected by our Board of Health, and if the "miracle," which I have already alluded to, is to be accomplished, so far as Philadelphia is concerned, this defence must be promptly and rigidly made. No doubt just in this one matter the Board of Health may have to contend with the earnest opposition of the influence of our trans-Atlantic steamship companies, although hitherto the Board has received the ready co-operation of the agents of these companies, for the detention of each and every ship-load of immigrants at the quarantine station means the expenditure, on the part of the steamship companies, of considerable sums of money for the maintenance of the immigrants during these periods of five days' detention—an expenditure which will seriously lessen, no doubt, or perhaps actually wipe out, the profits of the immigration traffic. Yet in the interests of the public health, not only of the citizens of Philadelphia, but also of those who are directly interested in the ultimate movements of these immigrants, the vast

majority of whom come to this port in transit only to various inland points, I cannot too urgently advise that this essential measure of stopping every immigrant for five days' observation at the quarantine during the rest of the season be at once adopted and rigidly enforced. The safest course to be adopted by the whole country, in view of the weakness of our quarantine defences along the whole Atlantic coast, with the exception, possibly, of those of New York, would be the complete stoppage until cold weather of all immigration from Europe.

How Cholera may be Rendered Harmless.—Asiatic cholera is, for any intelligent person, one of the most harmless diseases, if only the proper means are taken to guard oneself against its attacks. It is true that it assails with the greatest virulence, and destroys with frightful rapidity, those who neglect in times of danger to properly guard themselves. It is a disease the infectious principle of which attacks the human system only by way of the digestive apparatus. The infectious principle, or, in other words, the cholera microbe, enters through the stomach into the intestinal canal, and there develops its fatal poison, which is absorbed into the blood and preys upon the nervous system and vital organs. The disease is essentially characterized by violent purgings, vomiting and cramps, with coldness and duskiness of the skin. The discharges from the bowels and from the stomach contain enormous numbers of these virulent microbes. If these discharges soil the personal effects, bedding, clothing, etc., and these soiled materials are handled or washed without disinfection, the person so handling is exceedingly liable to an attack of the disease. If the undisinfected discharges of the bowels are allowed in any way to contaminate the drinking water, the milk or the food consumed, the person using such contaminated food and drink is exceedingly liable to develop an attack of cholera.

Close Examination of Slight Attacks.—It has been found that, although many attacks of cholera are exceedingly virulent, yet it is well known, on the other hand, that attacks may be so slight as to pass unnoticed by inspecting officers, and not even be recognized by the patients themselves, except as an ordinary case of diarrhoea. Yet it is just these slight attacks which are liable to evade the inspection

of quarantine officers who perform their duty on board ship, subjecting each individual to an examination of not more than a few seconds, as he is rapidly mustered for inspection. It is for this reason that I urgently insist upon the necessity of landing all immigrants for the purpose of prolonged, close observation, for these light attacks are every whit as capable of disseminating the epidemic as are the most virulent.

—*Ledger.*

STRYCHNINE IN CHOLERA CASES.—Dr. Sutcliffe, of Tundla, says he means to try hypodermic injections of strychnine in the next case of cholera which comes under his treatment.

I have used such injections in hundreds of cases of cholera within the last four months and with very satisfactory results. I began the practice in the latter days of February, and have since followed it in every case where collapse seemed approaching or had set in.

I give 5 minims of liquor strychnine in an equal quantity of water. As my cases were almost all seen in their own houses, and there were so many to be visited, it was, as a rule, only possible to give two injections in the day to any one case, that is, when on my morning and evening rounds. I have given five injections in the twenty-four hours, and two more during the following twelve hours in the case of a prisoner where the effects could be watched, and have no doubt the man owed his recovery to this remedy.

When the urinary secretion has not been re-established within twelve hours or so of the cessation of the other symptoms, I have used hypodermic injections of pilocarpine with, in many cases, marked success, urine being passed within less than five minutes after the use of the syringe. —T. French-Mullen, M.D., in *Indian Med. Gazette*.

THE ORIGIN AND DIFFUSION OF CHOLERA.—Surgeon-General Cornish, of the British service, in a paper on the present epidemic of cholera, describes the spread of the disease, and the similarity to other epidemics.

So far as can be gathered, the epidemic which now threatens the whole of Europe, appeared in March or April of the present year, in the northwestern provinces of India; attacked with great violence the

pilgrims at the great Hurdwar fair, near the source of the Ganges, spread through Cashmere and Afghanistan, reached Persia in May or June, crossed the Caspian Sea, and spread amongst the population of Asiatic Russia, from whence it is making rapid progress in European Russia. The epidemic since April has traveled in a northwesterly direction, and has covered or overflowed many thousands of square miles of territory. The history of the progress of the great epidemic of cholera of 1829-33 should be closely studied by those who wish to understand the significance of the present epidemic. Cholera history is very apt to repeat itself, and the circumstances which happened in 1831 are, therefore, very likely to happen again in 1892 and succeeding years. The route taken by the present epidemic is almost identical with that which invaded Europe in 1831.

It is quite a mistake to suppose that since India is the natural home of cholera the disease is everywhere present there and ready to take an epidemic form. An epidemic of cholera follows the same laws in India as in any other country. It is epidemic only in certain and limited parts, from which an epidemic advances occasionally, with intervening intervals of uncertain duration. Its progress is influenced by season and atmospheric conditions, and after lasting a period of about three years the epidemic dies out. Surgeon General Cornish alludes to Russia's half-civilized acquisitions in Asian soil as a source of difficulty and danger in this direction. As regards land quarantine and sanitary cordons, which European nations are so ready to enforce against their neighbors, these have never been successful in keeping out cholera. In India, with ample military aid at hand, they have been tried again and again unsuccessfully. The only provisions on which any reliance can be placed are sanitation, a good water supply, efficient drainage, surface soil cleanliness, wholesome food and habitations. The invading cholera, if it does not reach England in the present autumn, is, in Surgeon-General Cornish's opinion, likely to do so in 1893.

The reported outbreak at Hamburg and Havre, if true, increase much the danger that the disease may be imported into the United States, especially as large numbers of Russian Jews are constantly coming

through the former port to this country. The Marine-Hospital Service is now taking active measures to strengthen the quarantine of our sea board.

—*Boston M. & S. Journal.*

News and Miscellany.

THE digestibility of various kinds of cheese has been recently tested by a German chemist, who placed the samples in fresh gastric juice. Cheshire and Roquefort cheese took four hours to digest; Gorgonzola and Neufchatel, eight hours; and Brie and Swiss cheese, ten hours.

THE TENTH ANNUAL OPENING OF THE PHILADELPHIA POLYCLINIC.—The Philadelphia Polyclinic will open its fall and winter term on Monday, September 26, 1892, and from present indications, with a large class of students. Dr. John B. Roberts will deliver, as an introduction to the course, an address on "Injuries of the Hip Joint," at 8 o'clock on the evening of the same day, in the hall of the college, 1818 Lombard street, to which members of the profession are cordially invited.

TO OUR PATRONS:—From this date, the medical publishing business, established by John M. Scudder, will be conducted under the firm name of John M. Scudder & Sons.

The *Eclectic Medical Journal*, established in 1833, will still be edited by John M. Scudder, M.D. A complete line of eclectic medical books—our specialty—always on hand. All communications in reference to the *Eclectic Medical Journal*, either subscriptions or advertisements, and all orders for books, should be addressed, and remittances made payable, to

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Cincinnati, Ohio.

A FALSE statement is going the rounds of the press to the effect that visitors will not be able to get any drinking water at the World's Fair without paying for it. There will be abundance of excellent water free to all who want it. Those who wish to drink mineral spring water, piped to the Exposition grounds from Waukesha, Wis., a hundred miles distant, will have to pay one cent a glass for it. The free water will be that of Lake Michigan, brought by tunnel from a point four

miles from shore, and much better than the inhabitants of most large cities are supplied with.

RECENT OBSERVATIONS ON SULFONAL.

—Sulfonal has been doing very satisfactory work in general practice, largely supplying the place of narcotic drugs in conditions in which the use of the latter is unadvisable. The usefulness of this remedy has called forth many expressions of opinion from all parts of the country. Among these we cite the following from Dr. J. H. Mackay, printed in the *Medical and Surgical Record* of May, 1892:

"Sulfonal has been introduced into my medicine case to stay. Not often will it be needed, but in a few cases, no other remedy can fill its place. My first experience with the remedy was in a case of grip. My patient was nervous, restless, had a hacking cough and headache, and had not slept for upwards of thirty-six hours. At nine o'clock in the evening, as there was no indication of sleep and he was worn out, I gave 25 grains in half a cup of hot water. At eleven he fell into a dreamless, physiological sleep, which continued without interruption for eleven hours. He awoke refreshed, with mind clear, pulse normal, and no headache or subsequent drowsiness, ate some breakfast, spent a comfortable day, and slept well on the following night without repeating the dose of sulfonal. Other remedies, of course, were given for cough and fever.

"Another case was one of alcoho'ic insomnia. Patient had been on an extended spree—one of many such—and was verging on delirium. For several days and nights sleep was impossible. The stomach was irritable and the pulse rapid. He had been there before, and had learned the use of antidotes and hypnotics, but they only increased the irritability of the stomach and the excitability of the heart and brain. I gave 20 grains of sulfonal, and, in two hours afterwards, the vomiting ceased, the pulse slackened, and the patient slept for several hours. The vomiting did not return. Before using sulfonal, I had exhausted my resources to quiet him."

Among the newer uses which have been made of sulfonal in therapeutics, we have observed the report of Dr. Julius Althaus (*Am. Jour. Med. Sci.*), in which the author successfully treated post-gripal psychoses, where insomnia was present, by the use of prolonged baths and sulfonal.

Dr. Hammond is reported as making successful use of this remedy in the insomnias following the opium habit; and several observers attest its value in alcoholic delirium. Sulfonal has also given very satisfactory results in inveterate and

incurable cases of epilepsy where there is super excitability of the brain, and where the attacks are very numerous. The alleviation was very marked in all cases, although the doses were smaller than the average dose for insomnia, being from 10 to 36 grains, administered in warm tea broth at bed time, or given in fractional doses during the day.

MONTHLY BULLETIN, NEW YORK STATE BOARD OF HEALTH.—In July, the number of deaths is uniformly greater than in any other month of the year, the increase being due to the large fatality from diarrhoeal diseases. The average daily death-rate has risen this month from 302 in June, the lowest of the year, to 437, the highest, exceeding that of January, when during the height of the grippe epidemic it was 434, and the highest of any month previously recorded, excepting that of April, 1891, when the earlier grippe epidemic raised it to 466 per diem. There were 2,000 more deaths than in July, 1891, and nearly 3,000 more than the average for July for seven years past. The deaths from diarrhoeal diseases rose from 676 in June to 3,629, a larger number than any previously reported for one month. There is an increase in the mortality from typhoid fever and whooping-cough, but that from scarlet fever and measles is materially diminished. There is little change in diphtheria. There is a marked increase in the mortality, as is customary in July, from diseases of the digestive and nervous systems. An unusually large number of deaths is reported from accidents and violence; several of these have been from lightning stroke, but most are from drowning and railway accidents. About 52 per cent. of the deaths reported occurred under five years of age. From consumption there were 1,093 deaths, which is about the same as in June and in July, 1891. In the six largest cities, whose aggregate population is 3,374,500, there were 9,351 deaths, or an annual death rate of 32.62 per 1,000. Nearly one-third of these, or 2,838 deaths, were from diarrhoeal diseases. In the rest of the State, nearly 3,000,000 population reporting, there were 4,075 deaths, giving a death rate of 16.50, and 755 deaths from diarrhoeal disease, or about one-sixth of the total mortality. Of 1,670 deaths in the rural districts, but 160 were from diarrhoeal diseases.

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Surgeon in charge City Hospital, and Health Officer.

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I WOULD also allude to cases of diarrhoea and vomiting, and of indigestion dependent on nervous disturbances during the later months of pregnancy. I had two cases during the past summer, both were rapidly declining in strength; they failed to be benefited by remedies suggested by other physicians, as well as myself, until they were placed on KUMYSS, when the improvement was rapid and permanent. Very truly yours,
ARCH M. CAMPBELL, M.D.

Farm and Laboratory,
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DR. EGBERT H. GRANDIN, Obstetric Surgeon New York Maternity Hospital, Infant Asylum, etc. "Peroxide of Hydrogen in Gynecology and Obstetrics." *The Times and Register, of Philadelphia* Pa.

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Notes and Items.

GOVERNOR FIFER has appointed Dr. E. E. Vincent, a homœopathist, Surgeon-General of Illinois.

On the principle of *similia similibus* the homœopaths are recommended to use the flower known as sweet pea in diabetes mellitus.

DR. JOHN C. SUNDBERG vacates the editorship of the *Pacific Medical Journal* in favor of Dr. Winslow Anderson. Success to both worthy members of the editorial fraternity.

IN 1891, out of 1,160 members of the staff of the London Isolation Hospitals for infectious diseases, only two died of affections presumably contracted in the discharge of their duties.

THE profession in England seems to have a pretty hard time of it. A bailiff in possession of a Stratford doctor's tenement was charged with indecent assault by the doctor's wife; but the magistrates dismissed the charge and put the costs on the poor doctor.

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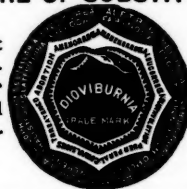
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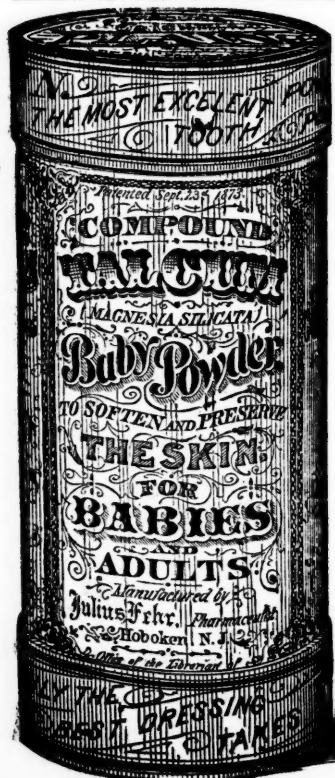
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